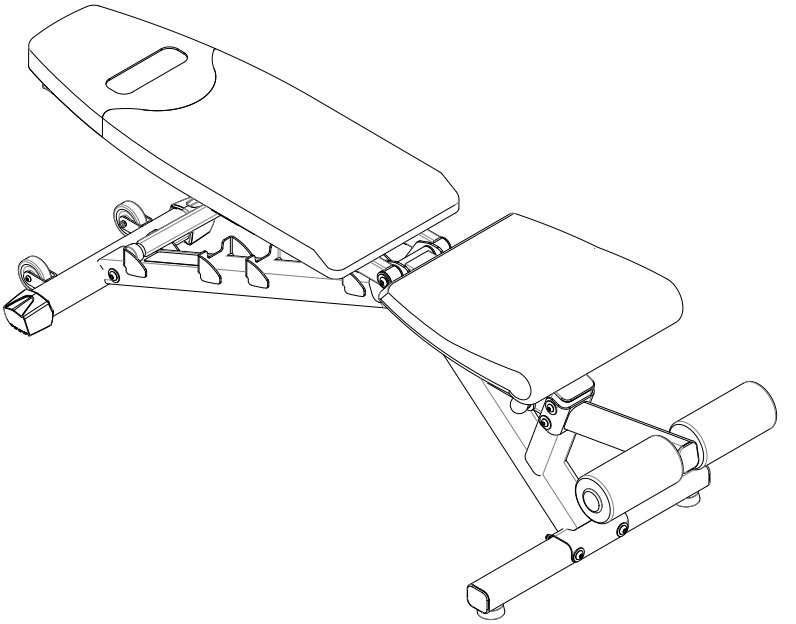
BOWFLEX®

SelectTech® 4.1 Bench

Assembly Manual



Manual en Español Latino Americano:
http://www.bowflex.com

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To validate warranty support, keep the original proof of purchase and record the following information:

Serial Number _____

Date of Purchase _____

To register your product warranty, go to: **www.bowflex.com/register**

Or call 1 (800) 605–3369.

If you have questions or problems with your product, please call 1 (800) 605–3369
Or go to: www.bowflex.com

Nautilus, Inc., (800) NAUTILUS / (800) 628-8458, www.NautilusInc.com - Customer Service: North America (800) 605-3369, csnls@nautilus.com | outside U.S. +01-360-859-5180, technics@nautilus.com |
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Important Safety Instructions

This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:

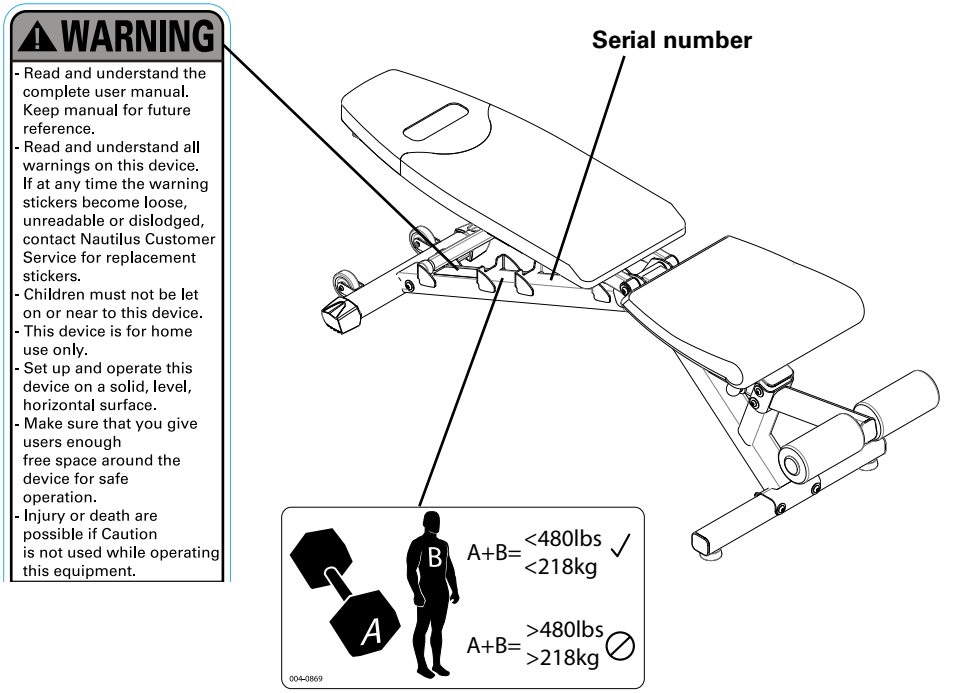
Read and understand all warnings on this machine.
Carefully read and understand the Assembly Manual.

- Keep bystanders and children away from the product you are assembling at all times.
- Make sure assembly is done in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the equipment can be heavy or awkward. Use a second person when doing the assembly steps involving these parts. Do not do steps that involve heavy lifting or awkward movements on your own.
- Maximum load limit: 480 lb. (218 kg).
- This equipment is for home use only.
- Set up and operate this equipment on a solid, level, horizontal surface.
- Do not assemble or operate this equipment outdoors or in a wet or moist location.
- Do all assembly steps in the sequence given. Incorrect assembly can lead to injury.
- Do not try to change the design or functionality of this equipment. This could compromise the safety of this equipment and will void the warranty.
- If replacement parts are necessary, use only genuine replacement parts and hardware supplied by Nautilus. Failure to use genuine replacement parts can cause a risk to users, keep the equipment from operating correctly and void the warranty.
- Do not use until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual for your SelectTech® dumbbells.
- Read and understand the complete Owner's Manual supplied for your SelectTech® dumbbells before first use. Keep the Owner's and Assembly Manuals for future reference.
- Children must not be let on or near to this equipment. Moving parts and other features of the equipment can be dangerous to children.
- Not intended for use by anyone under 14 years of age.
- Consult a physician before you start an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint. Contact your doctor before you use the equipment again.

Important Safety Instructions

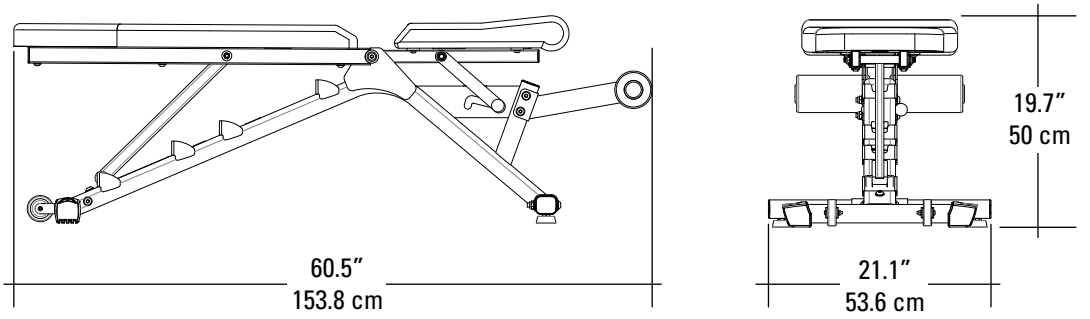
- Do not wear loose clothing or jewelry. This equipment contains moving parts. Do not put fingers or other objects into moving parts of the exercise equipment.
- Always wear rubber soled athletic shoes when you use this equipment. Do not use the equipment with bare feet or only wearing socks.
- Before each use, examine this equipment for loose parts or signs of wear. Contact Nautilus® Customer Service for repair information.
- Correctly adjust and safely engage all Positional Adjustment Devices. Make sure that the Adjustment Devices do not hit the user.

Safety Warning Labels and Serial Number


WARNING
- Read and understand the complete user manual. Keep manual for future reference.
- Read and understand all warnings on this device. If at any time the warning stickers become loose, unreadable or dislodged, contact Nautilus Customer Service for replacement stickers.
- Children must not be let on or near to this device.
- This device is for home use only.
- Set up and operate this device on a solid, level, horizontal surface.
- Make sure that you give users enough free space around the device for safe operation.
- Injury or death are possible if Caution is not used while operating this equipment.
Serial number
A
B
A+B= <480lbs <218kg
A+B= >480lbs >218kg
004-0869

Note: Record serial number in the Serial Number field at the beginning of this manual.

Specifications



Maximum load limit 480 lbs. (218 kg)

⚠ This product, its packaging, and components contain chemicals known to the State of California to cause cancer, birth defects, or reproductive harm. This Notice is provided in accordance with California’s Proposition 65. If you would like additional information, please refer to our web site at www.nautilus.com/prop65.

Before Assembly

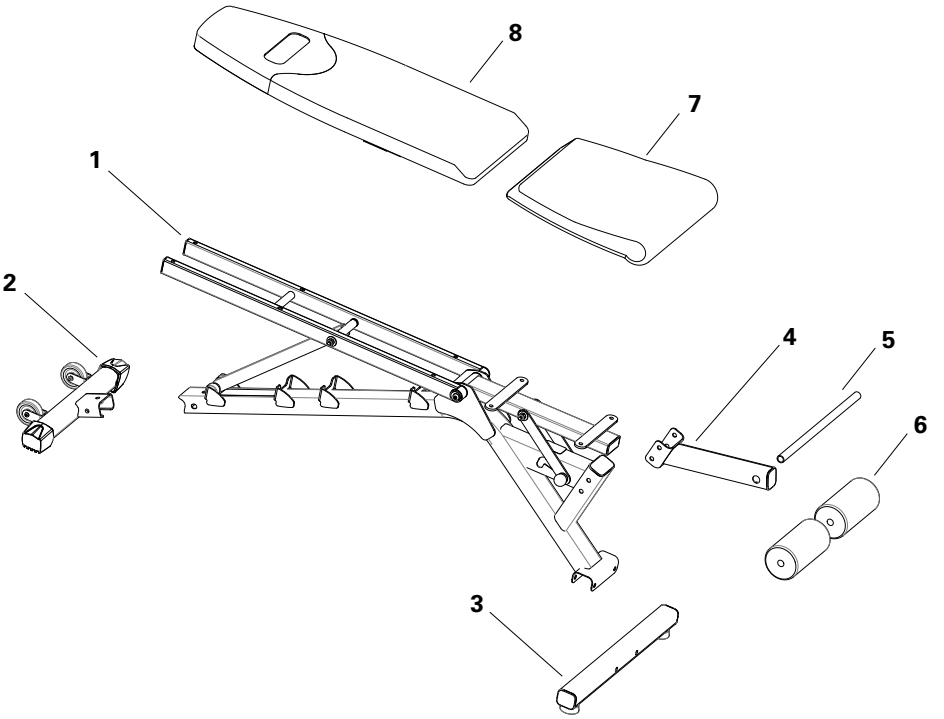
Select the area where you are going to set up and operate your equipment. For safe operation, the location must be on a hard, level surface. Allow a workout area of minimum 120” x 120” (3 m x 3 m).

Basic Assembly Tips

Follow these basic points when you assemble your equipment:

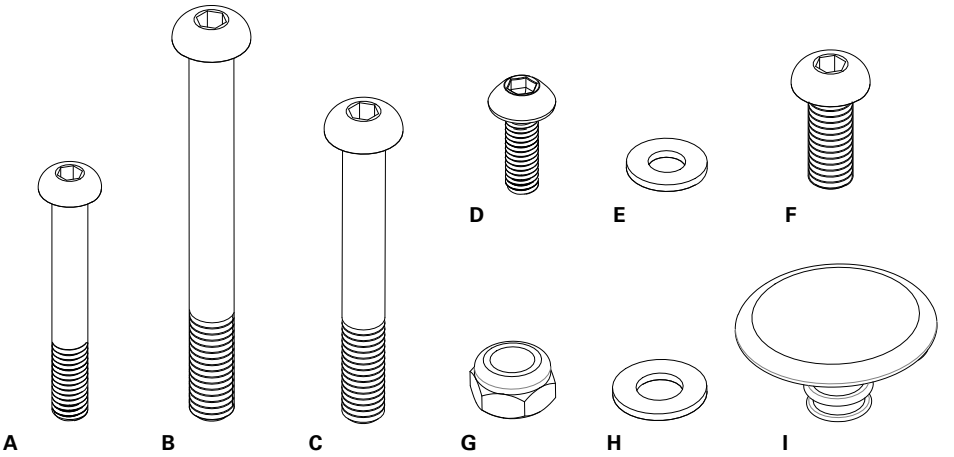
1. Read and understand the “Important Safety Instructions” before assembly.
2. Collect all the pieces necessary for each assembly step.
3. Using the recommended wrenches, turn the bolts and nuts to the right (clockwise) to tighten, and the left (counterclockwise) to loosen, unless instructed otherwise.
4. When attaching 2 pieces, carefully lift and look through the bolt holes to help insert the bolt through the holes.

Parts



Item	Description	Qty
1	Main Frame	1
2	Rear Stabilizer	1
3	Front Stabilizer	1
4	Leg Hold Down Assembly	1
5	Tube, Foam Roller	1
6	Pad, Foam Roller	2
7	Seat Pad	1
8	Back Pad	1

Hardware



Item	Description	Qty
A	Button Head Hex Screw M8 X 60	6
B	Button Head Hex Screw M10 x 100	2
C	Button Head Hex Screw M10 x 75	2
D	Button Head Hex Screw M8 X 20	4
E	Flat Washer M8	10
F	Button Head Hex Screw M10 x 25	3
G	Lock Nut M10	4
H	Flat Washer M10	11
I	End Cap 3/4"	2

Tools

Included

5mm

6mm

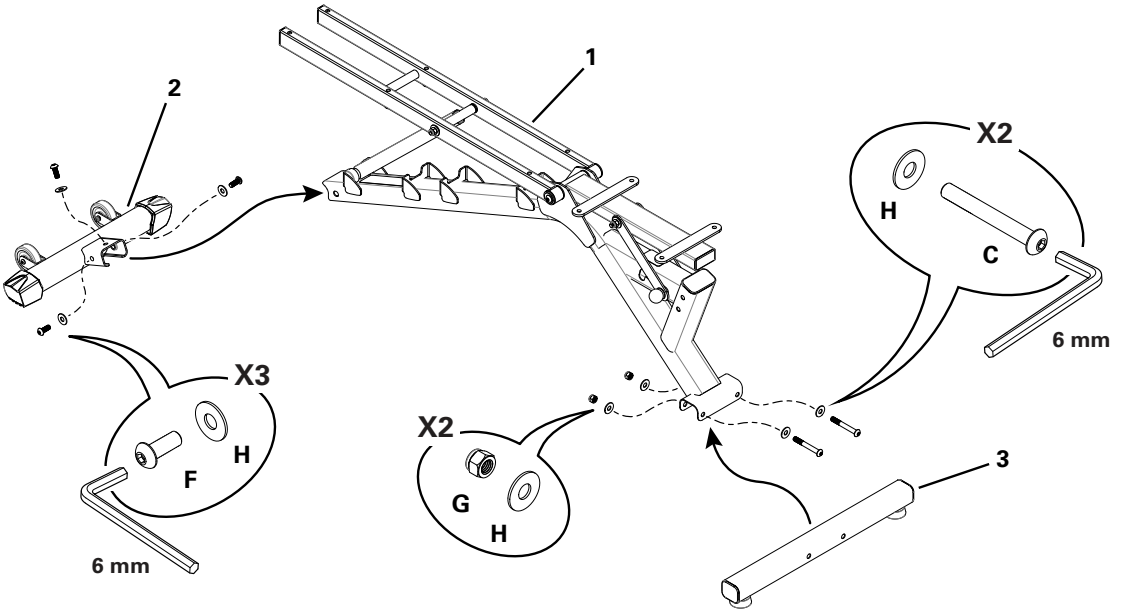
17mm

Not Included

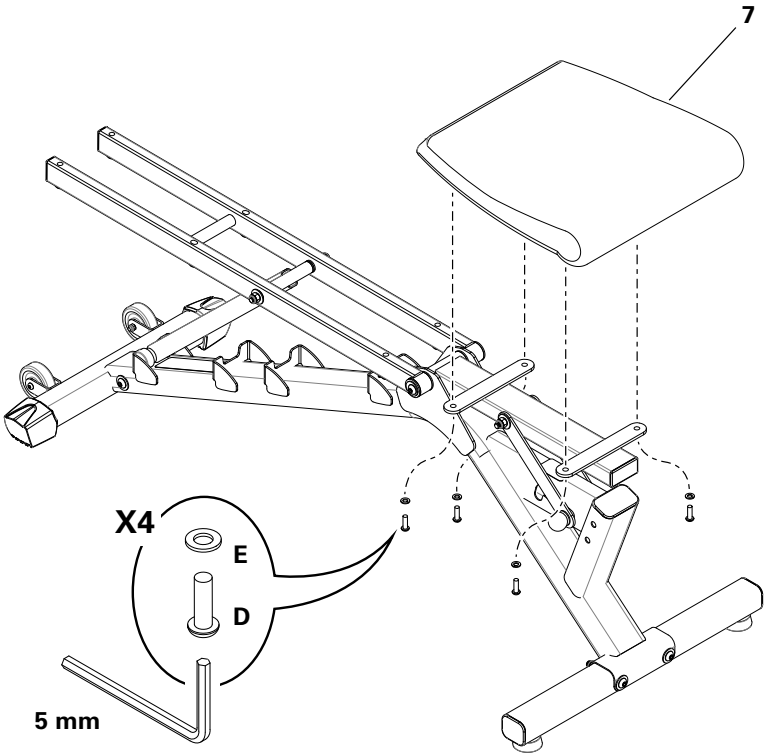
Utility knife or scissors to cut nylon ties

Assembly

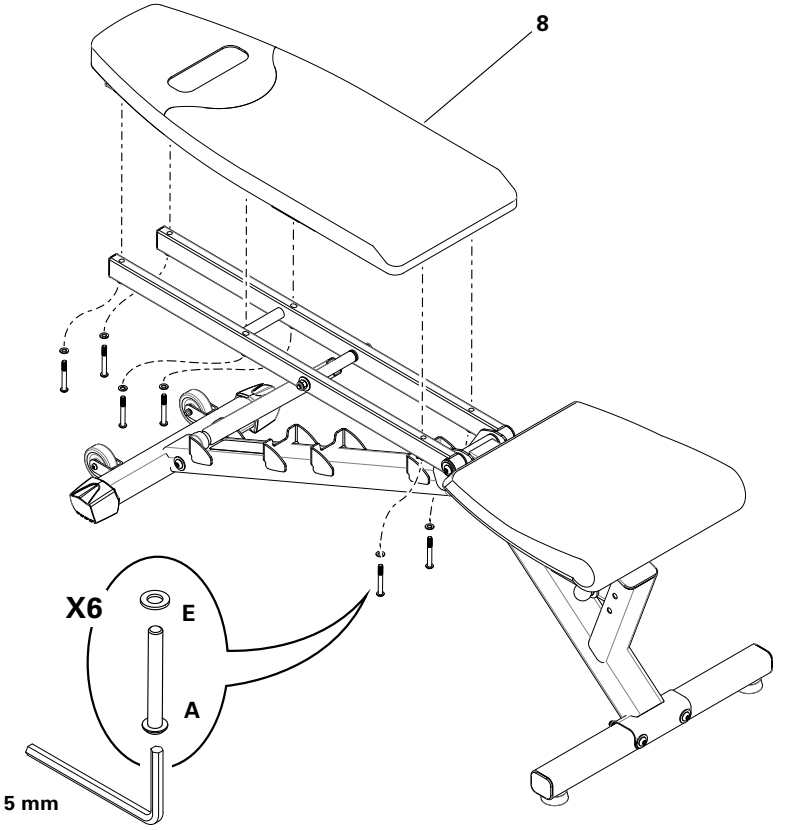
Step 1: Attach Front and Rear Stabilizers



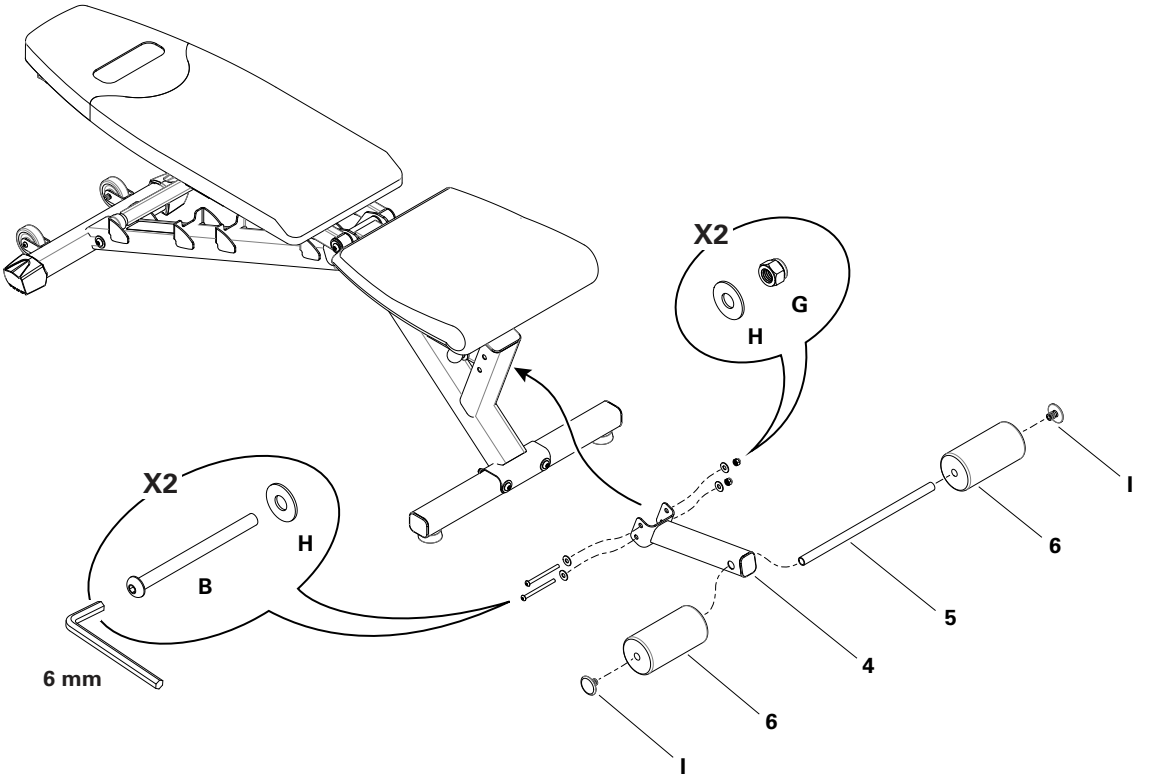
Step 2: Attach Seat Pad to Main Frame



Step 3: Attach Back Pad to Main Frame



Step 4: Install Leg Hold Down Attachment



Step 5: Final Inspection

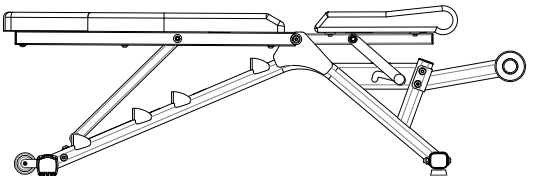
Inspect your equipment to ensure that all fasteners are tight, the equipment is level, and components are properly assembled. If necessary, adjust the feet until they are evenly balanced in contact with the floor.

⚠ Do not use the equipment until the equipment has been fully assembled and inspected for correct performance in accordance with the Owner's Manual.

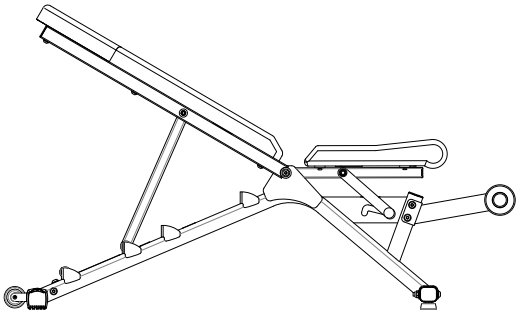
Note: Record serial number in the Serial Number field at the beginning of this manual.

Bench Positions

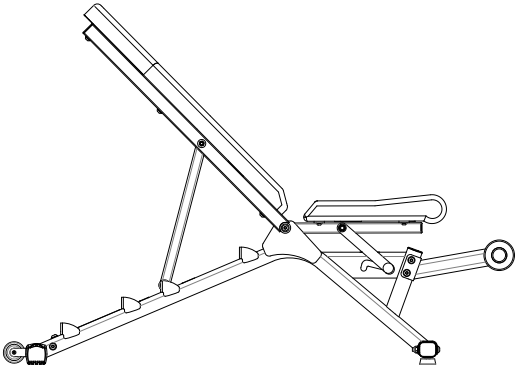
⚠ Correctly adjust and safely engage all Positional Adjustment Devices.
Keep your body weight centered on the bench while exercising.



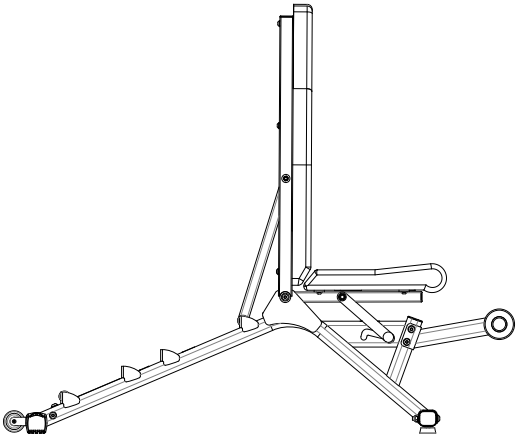
Flat



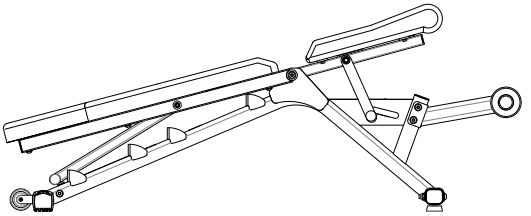
30°



45°



90°



Decline with Seat raised

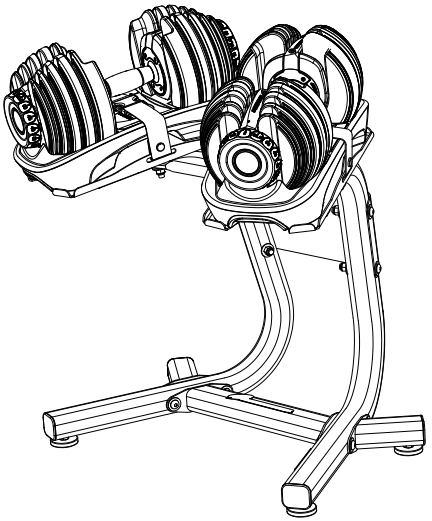
Companion Exercise Equipment

The Bowflex® SelectTech® 4.1 bench is designed for use with SelectTech® dumbbell equipment. The SelectTech® Dumbbell features an exclusive locking mechanism designed to assure proper and complete selection of the weight plates for each exercise. The SelectTech® dumbbell line includes the following models:

- SelectTech® 552 dumbbell – weight range 5-52 lbs. (2.7 - 23.6 kg)
- SelectTech® 1090 dumbbell – weight range 10-90 lbs. (4.5 - 40.8 kg)

Using the bench expands the variety of exercises that you can include in your workout routine. The Owner's Manual for each dumbbell model describes the variety of exercises available to enhance your workout routine.

Dumbbell stands for the SelectTech® dumbbells are also available separately. These stands feature an ergonomic design to enhance the functionality of the SelectTech® Dumbbell. The dumbbell handles are positioned in a natural orientation providing a comfortable and secure lifting position. In addition, the stand's V-shape "step-in" design allows the user to maintain proper upper body position while lifting or replacing the dumbbells in the base.



- Bowflex® SelectTech® Stand – for use with both the SelectTech® 552 and the SelectTech® 1090 dumbbell

Additional products are available from Nautilus, Inc. at www.nautilusinc.com

Maintenance

⚠ Equipment must be regularly examined for damage and repairs. The owner is responsible to make sure that regular maintenance is done. Worn or damaged components must be replaced immediately or the equipment removed from service until the repair is made. Only manufacturer supplied components can be used to maintain and repair the equipment.

Daily/Before Each Use:	Examine equipment. Make sure it looks in good condition and operates smoothly. If you find damage, DO NOT USE. Contact Nautilus® Customer Service.
Daily/After Each Use:	Clean equipment with a clean, dry cloth. Use a non-corrosive cleanser.
Weekly:	Clean equipment fully with a clean cloth lightly dampened with warm water and a small amount of mild soap. Wipe dry with a separate cloth. Touch up any scratches with touch-up paint to prevent rust, if necessary.
Monthly:	Examine the frame for signs of cracking or permanent bending. Do not use the equipment if you see this. Contact Nautilus® Customer Service immediately.

If you have any questions on the correct use or maintenance of this equipment, call Nautilus® Customer Service in the Contacts section at the beginning of this manual.

Warranty

Who Is Covered
This warranty is valid only to the original purchaser and is not transferable or applicable to any other person(s).

What Is Covered
Nautilus, Inc. warrants that this product is free from defects in materials and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care and maintenance as described in the Product's Assembly and Owner's manual. This warranty is good only for authentic, original, legitimate machines manufactured by Nautilus, Inc. and sold through an authorized agent and used in the United States or Canada.

Terms
- Frame and welds 15 years
- Upholstery and parts 1 year

How Nautilus Will Support the Warranty
Throughout and as set forth under the terms of the Warranty, Nautilus, Inc. will provide a replacement for any component or part that proves to be defective in materials or workmanship. Nautilus, Inc. reserves the right to substitute material of equal or better quality if identical materials are not available under this warranty.

Warranty

In the event that replacement parts or components do not correct the issue, Nautilus, Inc, reserves the right to replace the product or apply a limited credit reimbursement toward another Nautilus Inc. brand product, at our discretion. Reasonable substitution may be required depending upon Product availability. Any replacement of the Product under the terms of the Warranty in no way extends the original Warranty period. THESE REMEDIES ARE THE EXCLUSIVE AND SOLE REMEDIES FOR ANY BREACH OF WARRANTY.

What You Must Do

- Retain appropriate and acceptable Proof of Purchase.
- Operate, maintain, and inspect the Product as specified in the Product Documentation (Manuals, (Assembly, Owner's Manuals, etc.).
- Product must be used exclusively for the purpose intended.
- Notify Nautilus within 30 days after detecting an issue with the Product.
- Install replacement parts or components in accordance with any Nautilus instructions.
- Perform diagnostic procedures with a trained Nautilus, Inc representative if requested.
- This warranty does not cover labor costs or related charges.

What Is Not Covered

- Damage due to abuse, tampering or modification of the Product, failure to properly follow assembly instructions, maintenance instructions, or safety warnings as stated in the Product Documentation (Assembly, Owner's Manuals, etc), damage due to improper storage or the effect of environmental conditions such as moisture or weather, misuse, mishandling, accident, natural disasters, power surges.
- A machine placed or used in a commercial or institutional setting. This includes gyms, corporations, work places, clubs, fitness centers and any public or privately entity that has a machine for use by its members, customers, employees or affiliates.
- Damage caused by exceeding maximum user weights as defined in the Product's Owner's manual or warning label.
- Damage due to normal usage and wear and tear.
- This warranty does not extend to any territories or countries outside the United States and Canada.

How to Obtain Service

For Products purchased directly from Nautilus, Inc. contact the Nautilus office listed on the Contacts page of the products Owner's manual. You may be required to return the defective component to a specified address for repair or inspection, at your expense. Standard ground shipping of any warranty replacement parts will be paid by Nautilus, Inc. For products purchased from a retailer, you may be asked to contact your retailer for warranty support.

Exclusions

The preceding warranties are the sole and exclusive express warranties made by Nautilus, Inc. They supersede any prior, contrary or additional representations, whether oral or written. No agent, representative, dealer, person or employee has the authority to alter or increase the obligations or limitations of this warranty. Any implied warranties, including the WARRANTY OF MERCHANTABILITY and any WARRANTY OF FITNESS FOR A PARTICULAR PURPOSE, are limited in duration to the term of the applicable express warranty provided above, whichever is longer. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Limitation of Remedies

EXCEPT AS OTHERWISE REQUIRED BY APPLICABLE LAW, THE PURCHASER'S EXCLUSIVE REMEDY IS LIMITED TO REPAIR OR REPLACEMENT OF ANY COMPONENT DEEMED BY NAUTILUS, INC. TO BE DEFECTIVE UNDER THE TERMS AND CONDITIONS STATED HEREIN. IN NO EVENT WILL NAUTILUS, INC. BE LIABLE FOR ANY SPECIAL, CONSEQUENTIAL, INCIDENTAL, INDIRECT OR ECONOMIC DAMAGES, REGARDLESS OF THE THEORY OF LIABILITY (INCLUDING, WITHOUT LIMITATION, PRODUCT LIABILITY, NEGLIGENCE OR OTHER TORT) OR FOR ANY LOST REVENUE, PROFIT, DATA, PRIVACY OR FOR ANY PUNITIVE DAMAGES ARISING OUT OF OR RELATED TO THE USE OF THE FITNESS MACHINE EVEN IF NAUTILUS, INC. HAS BEEN ADVISED OF THE POSSIBILITY OF SUCH DAMAGES. THIS EXCLUSION AND LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF CONSEQUENTIAL OR INCIDENTAL TYPE DAMAGES SO THE ABOVE LIMITATION MAY NOT APPLY TO YOU.

State Laws

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Expirations

If the warranty has expired, Nautilus, Inc. may assist with replacements or repairs to parts and labor, but there will be a charge for these services. Contact a Nautilus® office for information on post-warranty parts and services. Nautilus does not guarantee availability of spare parts after expiration of warranty period.

International Purchases

If you purchased your machine outside of the United States consult your local distributor or dealer for warranty coverage.

BOWFLEX

Nautilus® Bowflex® Schwinn® Fitness Universal®

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